RELAXATION TECHNIQUE

S.Lakshmanan,
Psychologist, and
Ex. Project Officer, NYK,
Puducherry.

RELAXATION TECHNIQUE

- A Relaxation technique (also known as Relaxation training) is any method, process, procedure, or activity that helps a person to relax; to attain a state of increased calmness; or otherwise reduce levels of pain, anxiety, stress or anger.
- Relaxation techniques are often employed as one element of a wider stress management program and can decrease muscle tension, lower the blood pressure and slow heart and breathe rates, among other health benefits.

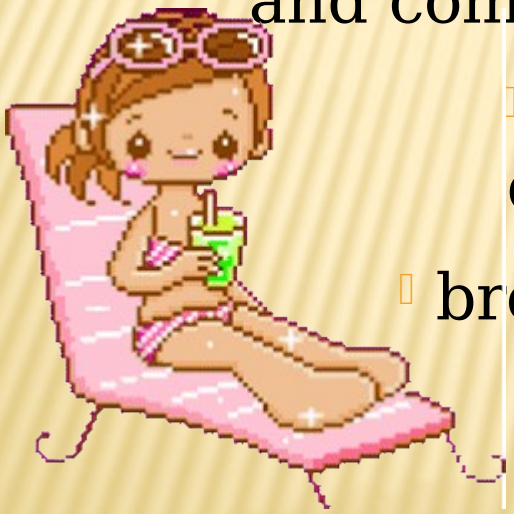
RELAXATION TECHNIQUE

- People respond to stress in different ways, namely, by becoming overwhelmed, depressed or both. Yoga, QuGong, Taiji, and Pranayama that includes deep breathing tend to calm people who are overwhelmed by stress, while rhythmic exercise improve the mental and physical health of those who are depressed.

- People who encounter both symptoms simultaneously, feeling depressed in some ways and overwhelmed in others, may do best by walking or performing yoga techniques that are focused on strength.

WHAT IS RELAXATION?

- Relaxation is a technique often used by sports performers to calm themselves-thereby decreasing anxiety and controlling arousal.
- It can increase the sense of control, reduce anxiety, and help the performer to feel calm and comfortable.



- Involves a decrease in:
  - breathing rate
  - heart rate
  - muscle activity
  - oxygen

WHY IS IT IMPORTANT TO USE RELAXATION TECHNIQUES?

- Prevent excessive arousal
- Decrease the physical and mental symptoms of nervousness
- Alternative to motivational methods to not over arouse the athlete.

WHY IS RELAXATION IMPORTANT FOR IMPROVING PERFORMANCE?

- To control arousal
- Allow athletes to reproduce in competition what has been learnt during training.
- Increase the athletes concentration
- Mentally prepares the athlete
- Allows the athlete to remain calm in stressful situations

FACTORS TO OBTAIN A RELAXATION RESPONSE

- Quiet Environment
- Positive attitude
- Decreased muscle tension
- A relaxation device or method

RELAXATION TECHNIQUES

TYPES OF RELAXATION TECHNIQUES

All are designed to produce the relaxation response

- Meditation
- Autogenic training
- Progressive Muscular relaxation
- Biofeedback
- Yoga
- Diaphragmatic breathing
- Massage

MEDITATION

- Grounded in Eastern culture
- **Maharishi Mahesh Yogi**
- **Transcendental meditation (TM)**
- Purpose is to gain control over your attention (focus)
- Mandala – geometric object
- Nadam – imagined sounds

MEDITATION

- Involves deep breathing and concentration
- Allows tension to leave the body with exhalation.
- Forms:

  -sitting quietly for 20 minutes

  -focusing on a word or symbol whilst controlling

TYPES OF METITATION:

I. CONCENTRATION MEDITATION:

- It involves focusing once attention on the breath, an imagined or real image, sound, or word, or phrase that is repeated silently.

II. MINDFUL MEDITATION:

- It involves becoming aware of the entire filed of attention. There is an awareness of all thought, feelings, perceptions or sensation as they arise from moment to moment.

MINDFULNESS MEDITATION

- Mindfulness Meditation is a term often used in he practice of psychology. So, that meditation can be taught without seeing to have any religious implication, Many meditation techniques, such as “centering prayer”, Zen Buddhism and even transcendental meditation, are quite similar to the idea of mindfulness meditation and yet there is nothing religious about any of them.
- They are all nothing more than psychological techniques to achieve some form of relaxed, focused mind.

MINDFULNESS MEDITATION

- Mindfulness can be relaxing because if you focus just on the one thing that occupies you in the moment you don’t have to deal with the anxiety of future concerns. Mindfulness meditation draws on this realization and allows you to relax by focusing just on your body in its immediate surroundings: Heartbeat, breathing, environmental sounds, etc.
- The idea is to notice these things without judging or interpreting them. Random thought, for example, are noticed as transitory things that simply come and go. If you do not focus on them, they soon go away as easily as they came and so they do not bother you or cause SNS arousal. Accordingly, meditation is a very passive.
- There is, however, a problem with mindfulness meditation: Since it is a passive process, you cannot stay relaxed unless you do nothing but meditate.

BENEFITS OF MEDITATION

Physiological Effects

- Learn to control HR and respiration
- Decreased muscle tension
- Decreased oxygen consumption and carbon dioxide production
- Increased

Psychological Effects

- Reduces anxiety
- Reduces test anxiety
- Greater self-actualization
- Improved sleep behavior
- Decreased smoking and drug abuse
- Headache relief

AUTOGENIC TRAINING

- Autogenic = Self-generating
- Johannes Schultz
- Form of autohypnosis
- Focuses on feelings of warmth and heaviness in the limbs and torso
- Effective for

AUTOGENIC TRAINING

- Relies upon feelings of heaviness and warmth in muscles.
- 3 parts:
  - Creation of the feelings of heaviness and warmth
    - Use of imagery of relaxing scenes

BENEFITS OF AUTOGENIC TRAINING

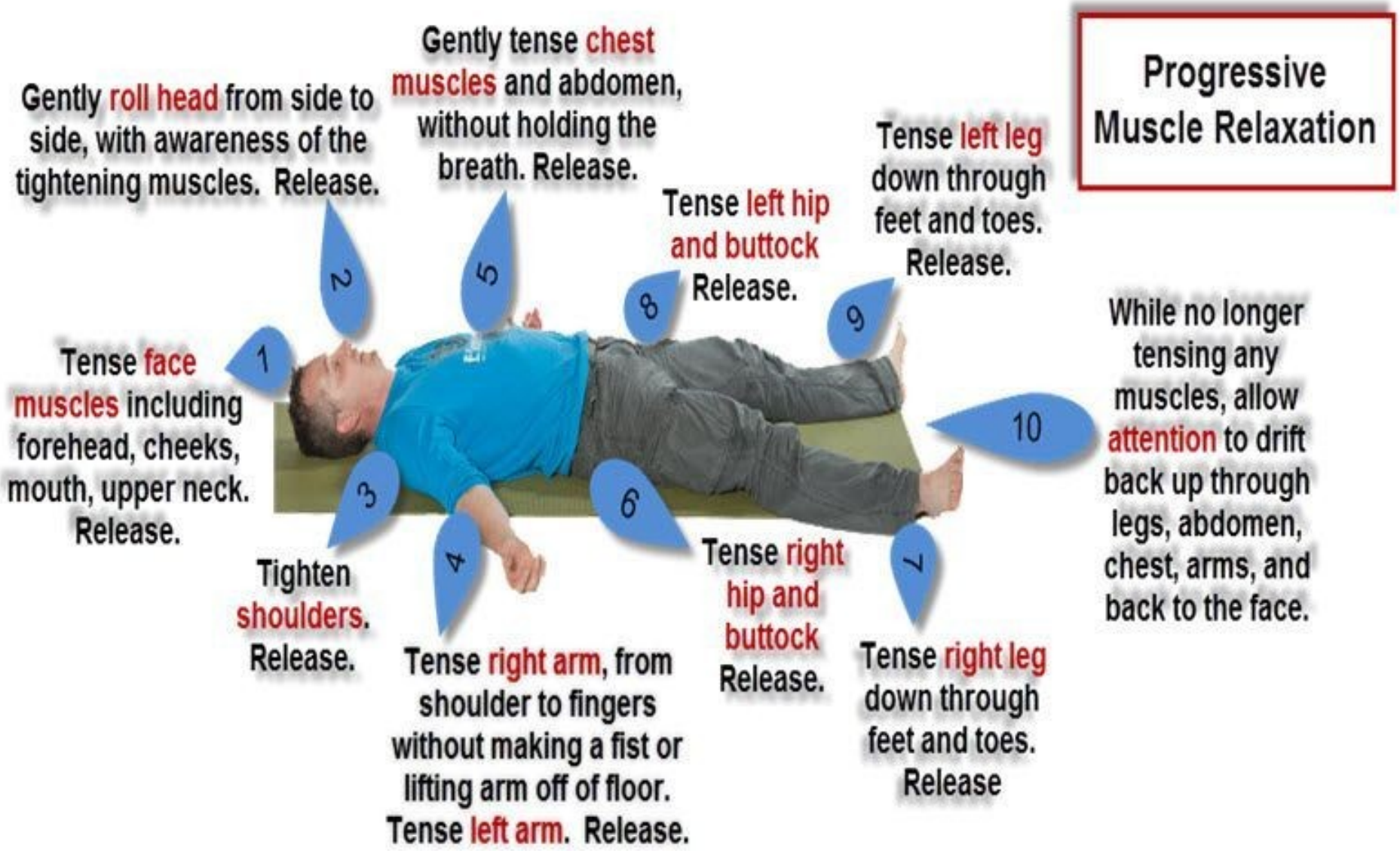
Physiological Effects

- Decreased HR, respiration, muscle tension, and serum cholesterol
- Effective in treating migraines, insomnia and hypertensives
- Also asthma, constipation, writer's cramp,

Psychological Effects

- Pain tolerance
- Reduces anxiety
- Reduces depression
- Decreases fatigue
- Increases resistance to stress

PROGRESSIVE MUSCULAR RELAXATION


Progressive Muscle Relaxation
Gently roll head from side to side, with awareness of the tightening muscles. Release.
Gently tense chest muscles and abdomen, without holding the breath. Release.
Tense left hip and buttock Release.
Tense left leg down through feet and toes. Release.
While no longer tensing any muscles, allow attention to drift back up through legs, abdomen, chest, arms, and back to the face.
Tense face muscles including forehead, cheeks, mouth, upper neck. Release.
Tighten shoulders. Release.
Tense right arm, from shoulder to fingers without making a fist or lifting arm off of floor. Tense left arm. Release.
Tense right hip and buttock Release.
Tense right leg down through feet and toes. Release
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PROGRESSIVE MUSCULAR AXATION

- AKA neuromuscular relaxation or Jacobsonian relaxation
- Dr. Edmund Jacobson, MD
- Observed excessive muscle tension in his patients (bracing)
- Bracing hindered recovery
- Developed

EXCESS MUSCLE TENSION CAUSES:

- Backache
- Headaches
- Neck/shoulder pain
- TMJ syndrome

WHAT IS PROGRESSIVE RELAXATION?

- Systematic tensing and relaxation of all major muscle groups
- Teaches the difference between tension and relaxation
- Start with the distal muscle groups and moves to the proximal muscle groups

PROGRESSIVE MUSCULAR RELAXATION

- Relaxation is the direct negative of nervous excitement. It is the absence of nerve-muscle impulse.
-
  - - Edmund Jacobson, M.D.

PROGRESSIVE MUSCULAR RELAXATION

- **Muscles respond**
  - -to thoughts of perceived threats
  - -with tension or contraction
  -
- **Muscular tension**
  - -the most common symptom of stress
  - can lead to:
  - Stiffness, pain, discomfort, distorted and misaligned posture and joint stability

PROGRESSIVE MUSCULAR RELAXATION

- The building blocks involved in muscular contraction are a motor end unit, a motor nerve fiber (neuron), a skeletal muscle fiber, and a stimulus from the nerve fiber to the muscle fiber called an action potential.
- Chemical released from these neurons are neurotrophic substances.
- Neurotransmitters secrete epinephrine, norepinephrine, and ACh to regulate and control muscle contraction.

PROGRESSIVE MUSCULAR RELAXATION

- **Muscles can contract in one of three ways:**
  - - concentrically (shortening)
  - - eccentrically (lengthening)
  - - **isometrically** (no visible change in length)

PROGRESSIVE MUSCULAR RELAXATION

- **Muscle tension**
  - -produced through the stress response
  - -primarily **isometric**
- **Over time, muscles**
  - -contracted isometrically
  - -begin to show signs of **shortening**

PROGRESSIVE MUSCULAR RELAXATION

- Systematic approach to relieving muscle tension
- Edmund Jacobson
  - -a simple technique used to promote rest and relaxation
  - -by **systematically tensing and relaxing** the body's musculature, from feet to the head

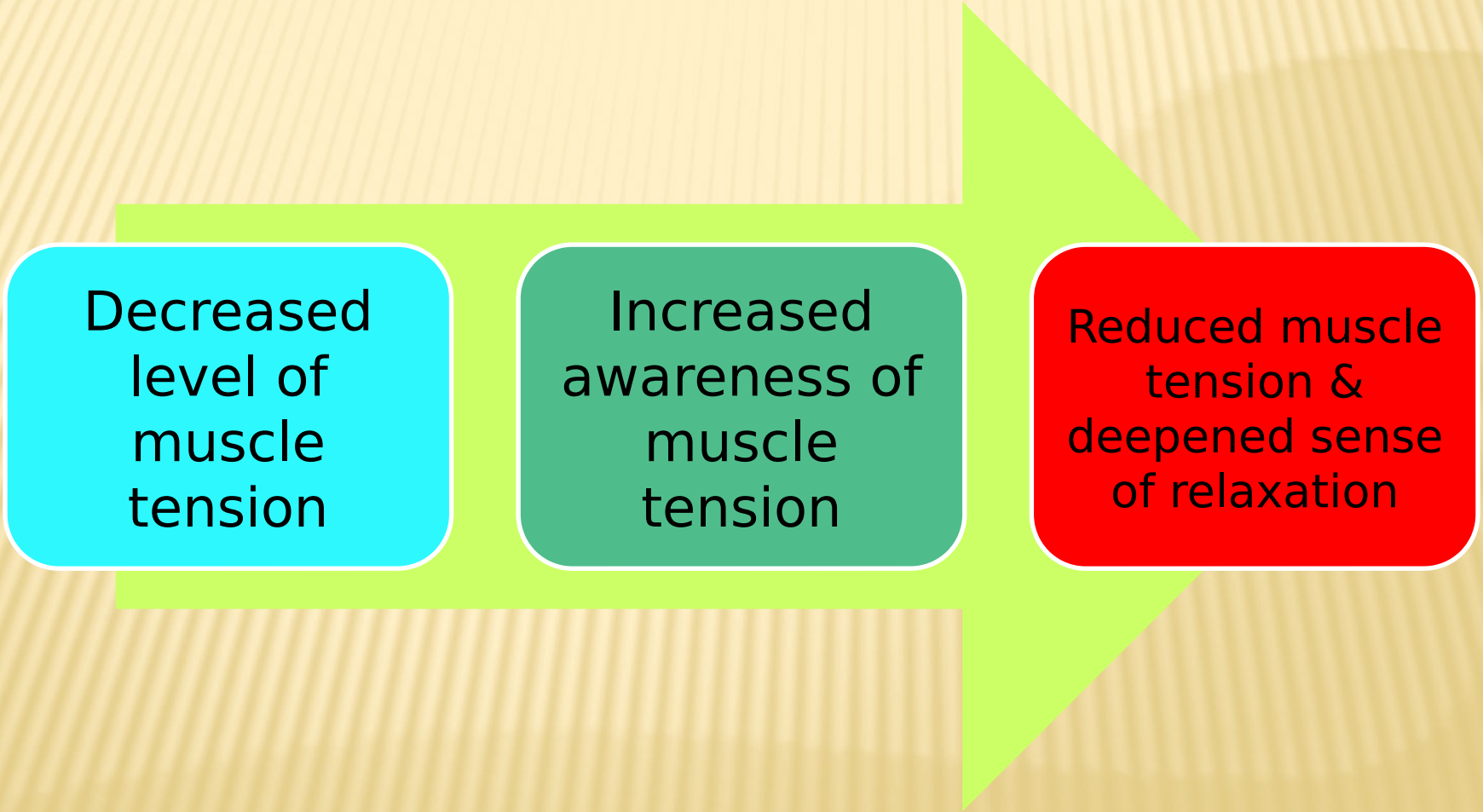
STEPS OF INITIATE PROGRESSIVE MUSCULAR RELAXATION

- Comfortable position
- Monitoring your breathing
- Inhale when you contract each muscle group
- Exhale when you relax each muscle group
- Focus your concentration on each muscle group as you work regions of your body

TYPICAL PHASE FOR EACH MUSCLE GROUP USING PMR

- **First contraction: 100% @ 5-10 seconds**
  - - release and relax (exhale)
  - - compare relaxation to contraction
- **Second contraction: 50% @ 5-10 seconds**
  - - **release and relax (exhale)**
  - - compare relaxation to contraction
- **Third contraction: 5-10% @ 5-10 seconds**
  - - release and relax (exhale)
  - - **compare relaxation to contraction**

BENEFIT OF PROGRESSIVE MUSCULAR RELAXATION (PMR)


Decreased level of muscle tension
Increased awareness of muscle tension
Reduced muscle tension & deepened sense of relaxation

BENEFIT OF JACOBSON PROGRESSIVE MUSCLE RELAXATION.

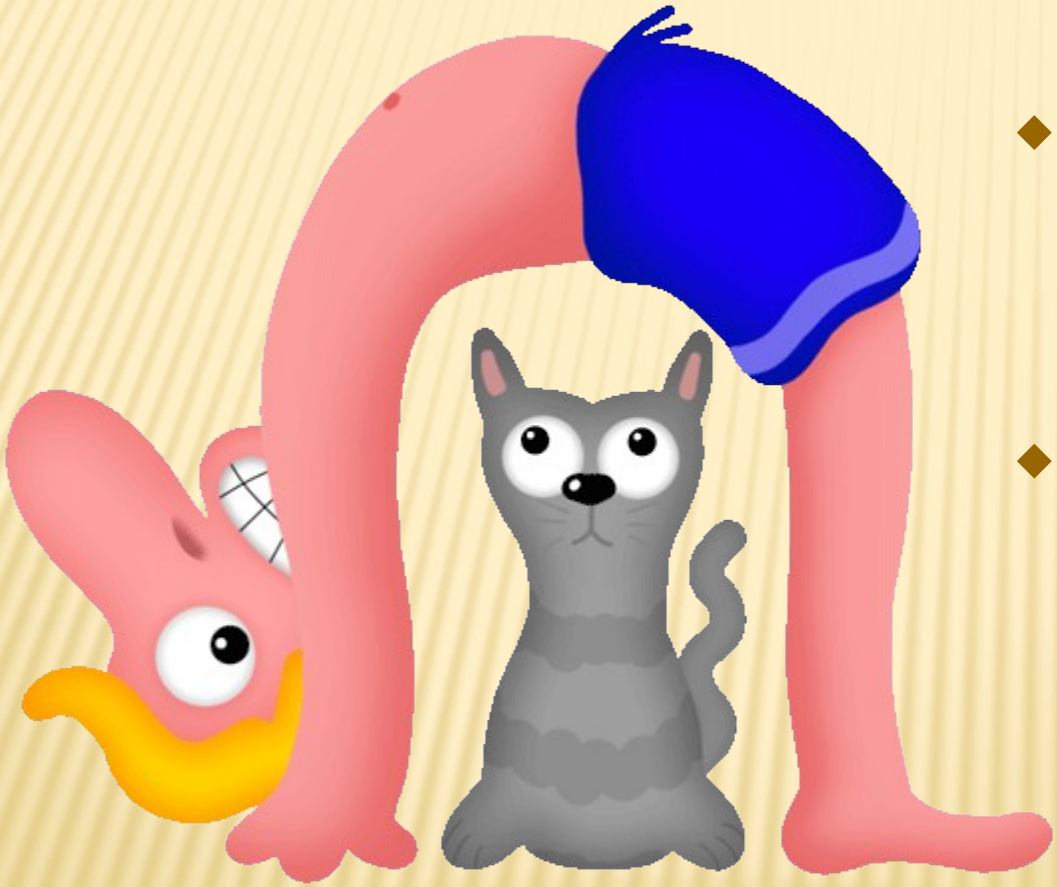
- Excellent results has been observed with this method in the treatment of muscular tension, anxiety, insomnia, depression, fatigue, irritable bowel, muscles spasms, neck and back pain, high blood

PROGRESSIVE MUSCULAR RELAXATION

- **Research**
- Specifically biofeedback using electromyography proves that this technique reduce muscular tension.

- Jocobson’s Progressive Relaxation is still popular with modern physical therapist

ADVANTAGES OF PR



- Requires no specialized equipment
- Has psychological and physiological benefits

BENEFITS OF PR

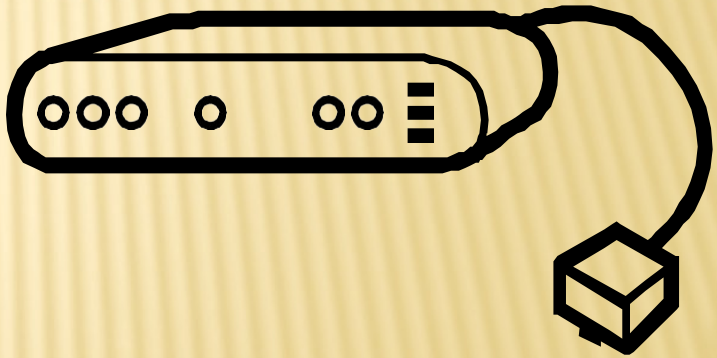
- Psychological Effects
  - Increases self-concept and self-esteem
  - Reduces anxiety
  - Reduces depression
  - Helps insomniacs sleep
  - Helps with alcoholism and drug abuse

Physiological Effects

- Relaxation of skeletal muscles generalized to smooth muscles
- Effective in treating migraine and tension headaches
- Effective in

BIOFEEDBACK

The use of instrumentation to mirror psycho-physiological processes of which the individual is not normally aware and which may be brought under voluntary control



BIOFEEDBACK MODALITIES

- Electromyography (EMG)
- Electroencephalogram (EEG)
- Galvanic skin response
- Heart rate
- Respiration rate
- Skin temperature

BENEFITS OF BIOFEEDBACK

- Physiological Effects

- Effective in treating asthma, hypertension, bruxism, spasticity, ulcers, muscle spasms, stroke, paralysis, migraine and tension headaches, colitis, Reynaud's disease, scoliosis

Psychological Effects

- Shown to improve phobias, anxiety, stage fright, insomnia, alcoholism, drug abuse, depression, hyperactivity, sexual dysfunction, pain and stuttering

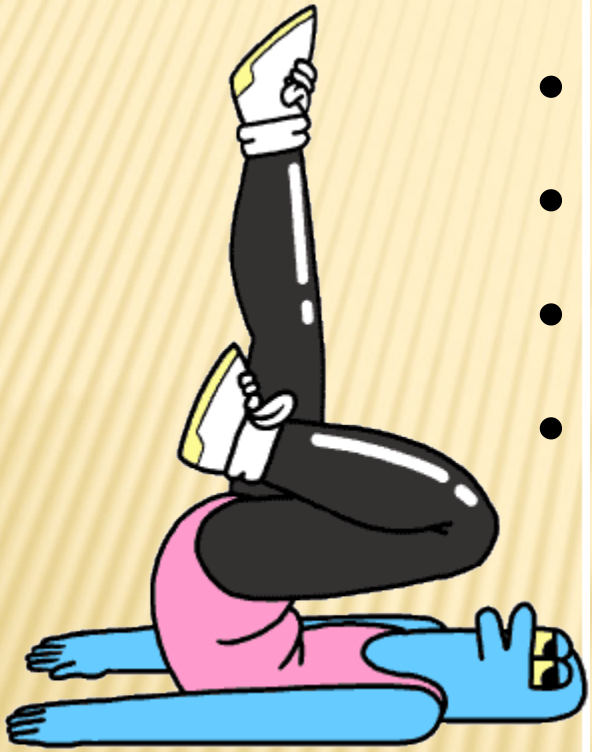
DISADVANTAGES OF BIOFEEDBACK

- Availability
- Cost
- Dependence on equipment
- Have to learn another relaxation technique anyway

TIPS FOR DOING RELAXATION

- Set aside 30 – 45 minutes
- *NOT* after a meal
- Quiet, distraction-free environment
- Dim lights
- Warm temperature
- Loose clothing
- Lie down or sit in a comfortable chair

EXERCISE



- Can improve mood state
- Reduce muscle tension
- Light, aerobic exercise
- Examples:
  - Going for a light jog
  - Doing exercises such as Tai Chi

PHYSICAL EXERCISES:

- Regular exercise is the most effective method of reliving stress.
- Physical exertion provides a natural outlet for the tension produced by the body in its state of aerosol for “fight or flight”.

- Aerobic exercise strengthens the cardio vascular system.
- Following exercise physiological equilibrium is restored, resulting in a feeling of relaxation.

DEEP BREATHING

- Concentrate on breathing rate.
- Deep breaths

DEEP BREATHING EXERCISES:

- Tension is released when the lungs are allowed to breath in as much oxygen as possible.
- Breathing exercise has been found to be effective in reducing anxiety, depression, irritability, fatigue and muscular tension.

DEEP BREATHING EXERCISES:

1. Sit or lie down in a comfortably, inhale slowly through the nose and exhale through the mouth.
2. While inhaling place one hand below the ribs, allow the hand to expand outward when inhaled.

DEEP BREATHING EXERCISES:

- 3. Let hand fall back to its original position when exhaled.
- 4. Exhalation should take twice as long as inhalation.

MUSIC

- Involves listening to music which motivates them or acts to relax them

SAYINGS/MANTRAS

- Key positive statements the participant repeats out loud or to themselves.
- Helps the athlete to remain calm before competition

VISUALIZATIONS FOR AN ANXIOUS MIND

SERENE BEACH SCENE TECHNIQUE

VISUALISATION

- Mental imagery
- Requires participant to create a picture in their mind
- Example:
  - Can see themselves winning the event they are about to participate in.

VISUALISATION

- It is a relaxation method in which patients are instructed to imagine themselves in a place associated with pleasant relaxed memories. Such images allow patients to enter a relaxed state or experience a feeling of

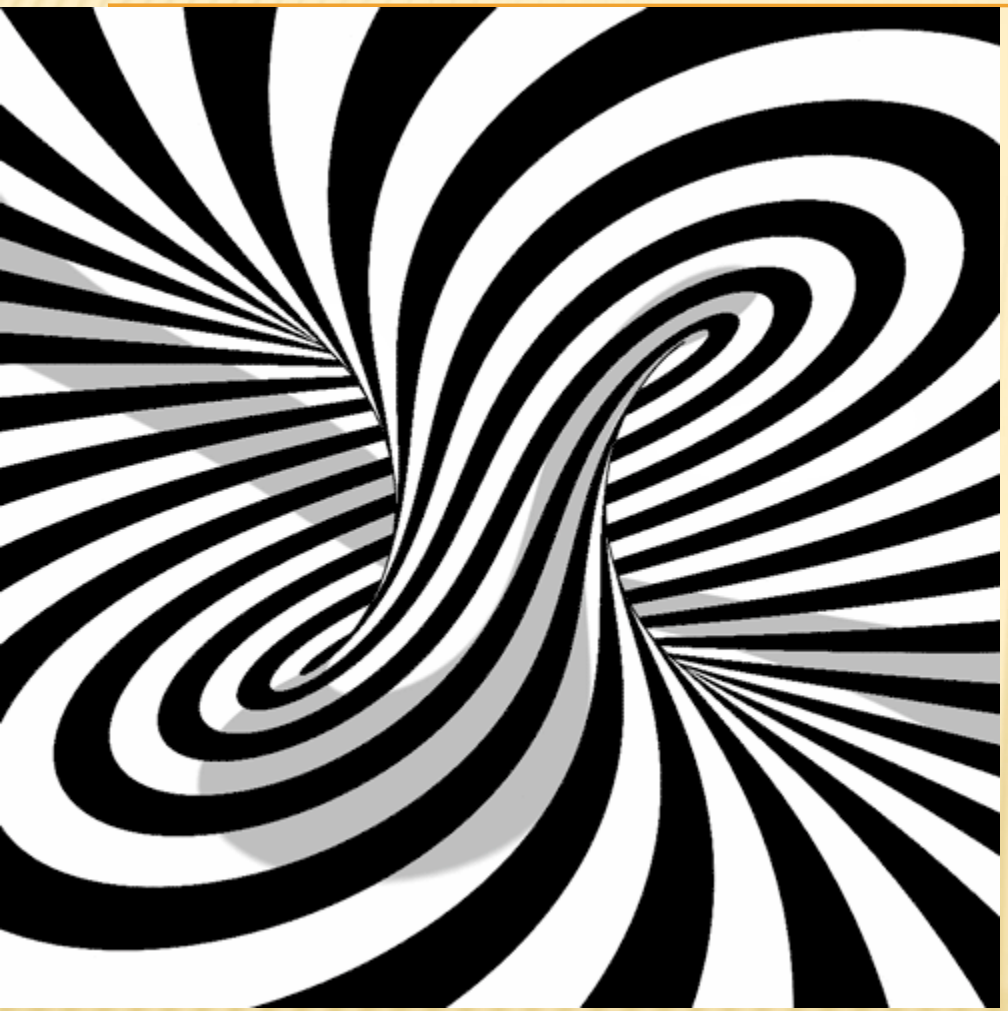
VISUALIZATION

- Some might select a scene at the seashore, some might choose a mountain atmosphere, and some might choose floating through the air.
- The choices are as limitless as one's imagination.

VISUALIZATION

- Nurses can assist patients with imagery during a painful or stressful event. The nurse's certificate program in Imagery is endorsed by the American Holistic Nurse's Association (AHNA).

HYPNOSIS



- Requires the participant to focus on a thought, object or voice.
- Hypnosis (from the Greek *hypnos*, sleep) in general is simply like state of focused awareness. To say that hypnosos is “a sleep like state” means that it is not sleep exactly and therefore dreaming, for example, is not hypnosis either. And yet, in those moments we all experience just on the verge of falling asleep or waking up – movements called hypnologic states – we are sort of awake and sort of sleeping, sort of conscious

HYPNOSIS

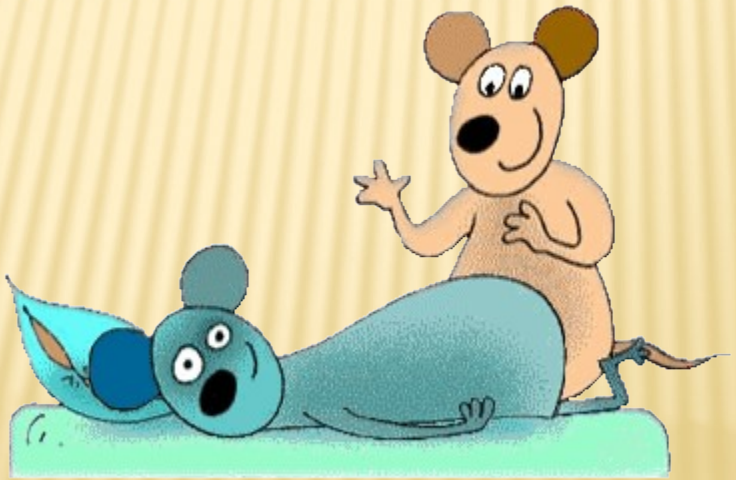
–

- Trances can be very useful clinically, In such a sleep like state, a person can be very open to new and creative ways of looking at the world because rational logic and old, restrictive, psychological defenses can be bypassed.

- To experience a deep trance therapeutically, of course, one needs a hypnotist to direct the process, because one’s own conscious processes just cannot function when

MASSAGE

- Relieves muscle tension
- Improves flexibility



HYDROTHERAPY

- Flotation tanks
- Hot baths
- Swimming leisurely in a heated pool

HOBBIES

- Any activity that you find relaxing and slows the body and mind

ıples:

Reading

Playing a musical instrument

HUMOUR

- Laughing is the best way to relieve tension.
- Distract away from the pressure to perform well.
- Reduce stress

RELATIONSHIP

- Being moody before an event caused from stress can lead to a decrease in performance.
- Surrounding yourself with people you like to be around can improve your performance.

INDIVIDUALITY

- Some athletes prefer to be alone prior to performance to avoid having any undue stress
- Some athletes prefer to socialise to take their mind off the upcoming event

YOGA

- Variety of Indian forms of exercise
- Helps promote:
  - Balance
  - Coordinati
  - Flexibilit
  - Meditatio

CONCLUSION

- Relaxation produces physiological effects opposite those of anxiety: slow heart rate, increased peripheral blood flow and neuro- muscular stability.

- A relaxation technique (also known as relaxation training) is any method, process, procedure, or activity that helps a person to relax; to attain a state of increased calmness;

Thank You